

Five Spiritual Faculties (*'Panca Indriya Dhamma'* in Pali)

As soon as The Supreme Buddha meets a person, the Buddha becomes aware of that person's spiritual power that he practiced in his previous lives. Then the Buddha decides how to explain the worldly reality to him. So, then the Buddha searches through that person's mind with the Buddha's own mind. According to what he learns from this search The Buddha understands the person's spirituality and explains his teachings to him. The spirituality of a person can be divided into five, which they are,

1. *Saddha* (Faith)
2. *Viriya* (Energy)
3. *Sathi* (Mindfulness)
4. *Samadhi* (Concentration)
5. *Panna* (Wisdom)

Saddha means the faith or confidence that a person has about the supreme Buddha, his teachings and his noble disciples. Actually, this is not a blind faith, it is the confidence that understanding the qualities of the Buddha, his teachings and his noble disciples. As much as an intelligent person listens to the Buddha's message, consisting with the dependent origination consciously, his confidence about the triple gem increases gradually.

Viriya means the energy to decrease evil or unwholesomeness and to develop goodness or wholesomeness. As a result of knowing of the world reality that the knowledge of karmic force and the dependent origination the intelligent person is ready to practice the path that leads to real happiness. Then he doesn't like to suffer further. As his faith in the triple gem he develop his courage. Courage which is said in Buddhism can be divided into four categories.

Sathi means mindfulness or awareness. According to faith and energy, the intelligent person tries to live every moment mindfully. Mindfulness is also divided into four theories as 1.the contemplation of body, 2.the contemplation of feeling, 3.the contemplation of mind, 4.the contemplation of mental condition. According to '*Maha satipattana sutta*' all our activities, thoughts, feelings and mental conditions can be included in mindfulness. If we are in right mindfulness, it means we are on the path of purification and we are on the path leading to the cessation from suffering.

Samadhi means tranquility or concentration of mind. As a result of focusing our mind on a particular technique such as, loving kind meditation, we can purify our mind from defilements or lust. Then our mind is like a pure, steady, calm water well. That pure mind can gain happiness and it causes to discover and see world reality with wisdom. The wisdom depends on concentration.

Panna means wisdom. The wisdom that comes in Buddhism is focused in understanding of dependent origination (or the causes and effect). It means the experience that we have through our senses arises and over comes at the moment. Nothing comes from the past and nothing goes to the future. This is the only way to get rid of all sufferings. That means we are on the way to happiness. If we can always practice these five spiritual faculties, then every moment we are reaching for liberation from suffering. This is the way to attain a life with fresh perspectives.